

WINGSPREAD

All clear



Jerry Lewis, 12th Logistics Readiness Division War Readiness Element materials handler, checks an M-16 in the weapons vault Monday. The element is responsible for almost 900 M-9s and M-16s, which they issue to deploying Randolph Airmen. To read more about the war readiness element, see the feature story on pages 16-17. (Photo by Staff Sgt. Lindsey Maurice)

Award ceremony set for OIF Airman

By Michael Briggs
12th Flying Training Wing Public Affairs

A Randolph Airman who was injured during combat in Operation Iraqi Freedom receives the Purple Heart and Bronze Star Thursday.

Maj. Gen. L. Dean Fox, the Air Force Civil Engineer, will present the medals to Senior Airman Dan Acosta during a ceremony at 10 a.m. in the base theater.

The entire Randolph community is invited and encouraged to attend, said Chief Master Sgt. Stephen Page, 12th Flying Training Wing command chief master sergeant.

“I’d like to see Team Randolph fill the theater to its rafters for this honor being bestowed upon a heroic Airman,” Chief Page said. “Let’s show Airman Acosta and his family that we appreciate his sacrifice, and give them our support as they go through his healing and recovery process.”

Airman Acosta, an explosive ordnance specialist, is living at Randolph with his family while undergoing treatment and an estimated 18 months of physical and occupational therapy at Brooke Army Medical Center.

The Joliet, Ill., native was deployed to Iraq from the 775th Civil Engineer Squadron EOD Flight at Hill Air Force Base, Utah, and is assigned to the 759th Patient Squadron at Lackland AFB.

He was wounded Dec. 7 when he stepped on a concealed pressure



Senior Airman Dan Acosta

plate that set off an improvised explosive device in western Baghdad. He and his EOD team had disarmed two IEDs at that location and were scouting the area for other IEDs when the explosion occurred.

The bomb went off within 20 feet of Airman Acosta, knocking him to the ground and severely injuring him. As a result of the blast, he lost his left arm and suffered extensive leg wounds.

As the Air Force civil engineer at Air Force headquarters in the Pentagon, General Fox is responsible for organizing, training and equipping the 60,000-person civil engineering force, which includes EOD professionals.

For a detailed story about Airman Acosta, visit the Air Force Web site at www.af.mil/news/story.asp?id=123016746.

Security Forces civilian wins top Air Force award

By Bob Hieronymus
Wingspread staff writer

A Randolph civil servant was recently named Air Force Security Forces Civilian Employee of the Year for 2005.

Robert Vickers, 12th Security Forces Squadron installation security section chief, has been working on Randolph for four years.

As installation security chief, one of his biggest projects in 2005 included the base security plan for the Fourth of July celebration. Through his plan, Mr. Vickers saved three quarters of the manpower required to provide base security for the event.

“I detailed a plan to limit the number of points at

which the public could access the base, and the base authorities accepted the idea,” he said. “That resulted in giving us the options to use our security forces much more efficiently.”

Mr. Vickers also developed the security plan for the Presidential visit last fall. The task, which would normally have taken a week to develop, had to be finished in one day. His work drew the praise of all concerned, said unit officials.

“I can depend on him to take on the tough jobs and get them done fast,” said Maj. Christopher Broman, 12th Security Forces Squadron commander. “He’s a phenomenal organizer and a great teacher. We were fortunate to have him stay on with us in this new position as head of the installation security section.”

Mr. Vickers brings a wealth of experience to his current position. He completed a 20-year career as an Air Force security policeman, retiring with the rank of master sergeant. He has been in his current job for just over a year, but for him it was a move from active duty one day to civil service the next in the same organization.

Mr. Vickers had first-hand experience with security threats as a young teenager.

“I had a rude awakening to the reality of bad guys in the world even before I came on active duty,” he said. “My dad was in the Air Force and we were stationed

See Vickers on page 5

12th Flying Training Wing Training Status									
Pilot Instructor Training <small>As of Monday</small>			Navigator, EWO Students				Wing Flying Hour Program		
			562nd FTS		563rd FTS		Aircraft	Required	Flown Annual
Squadron	Seniors	Overall	CSO/NFO		CSO	Graduate EWO			
99th FTS	1.0	0.5					T-1A	4768.2	4985.7 10,725
558th FTS	-2.6	-3.2	USAF 252		OPS 20	International 17	T-6A	7590.3	7712.6 17,196
559th FTS	-1.3	-1.3	Navy 54		Advanced EW 31	EW Course 0	T-37B	2447.8	2421.9 5,796
560th FTS	3.5	0.9	International 3		Integration 0	Intro to EW 0	T-38C	4260.8	4393.0 9,937
			Total in Training 309		51	17	T-43	1726.6	1726.2 3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.				The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.		

AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 144 Team Randolph members are deployed in support of military operations around the globe.

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
 12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

“PROTECT YOUR WINGMAN”

DUI...
 It's a crime
 not a mistake

Team Randolph's
 last DUI was
 March 18, 2006

Letter to Airmen: Operation Iraqi Freedom

By Gen. T. Michael Moseley
 Air Force Chief of Staff

Sunday marked the 3rd anniversary of Operation Iraqi Freedom and the removal of an oppressive, dangerous regime. This was the culmination of a joint and coalition intense effort on land, sea and air. I want to take this moment to say thanks for all your sacrifices ... and to let you know that you are doing awesome work.

In OIF, within the Joint Force, our Total Force – active, guard, and reserve Airmen – grounded the Iraq Air Force, destroyed the combat effectiveness of the Iraqi ground forces, blinded the Hussein leadership and paved the way for a series of ground battles that saw Baghdad fall in 22 days.

Your innovation and flexibility made the difference, whether it was Airmen decisively striking Republican Guard formations; in orbits over every Iraqi airfield; embedded with ground forces; launching and orbiting satellites high overhead; controlling armed UAVs; or airlifting critical supplies and troops.

And today, you continue to provide air support to the Combatant Commanders around the world, while also flawlessly performing non-traditional missions like base defense and convoy operations.

Your contributions to the spread of freedom and democracy did not begin

three years ago; the Air Force has been at war continuously for over 15 years – since the opening rounds of Operation Desert Storm and through 12 years of no-fly zone operations.

And although Iraq is receiving the majority of attention, Operation Enduring Freedom and Operation Noble Eagle remain critical to winning this Long War.

The Global War on Terror has now lasted 10 months longer than our nation fought in World War II.

This is a joint fight, across the world where we have a vital role. Meanwhile, things have been fairly quiet on the home front, and that's good. That means we are doing our job well.

You are protecting America by monitoring intelligence, sitting alert and flying patrols over our cities. By protecting our homeland and fighting the enemy on their turf, you are keeping your family, friends and the American public safe. Our mission is to fly and fight and win our nations' wars – and you're doing just that.

You are making a difference. I am proud of you. America is proud of you. You are helping to rebuild countries and protect fledgling democracies in Iraq and Afghanistan, while keeping America out of harm's way.

Hurricanes Katrina and Rita, the Pakistani earthquake, Philippine landslides and, most recently, floods in Hawaii, brought out your best as well,



Gen. T. Michael Moseley

as you pitched in side by side with allies and joint partners providing humanitarian relief across the globe and in our own backyard.

You are the most combat experienced, battle-hardened Airmen since WWII. You are successfully doing whatever is asked of you across the domains of air, space, and cyberspace. You are always there.

Thanks for all that you're doing – it matters. Your tireless efforts keep this the best Air Force the world has ever seen, ready to lead or support the joint fight anywhere, anytime.

You are making it happen in Iraq, Afghanistan, in the skies over America and anywhere our nation needs us. Keep it up and keep 'em flying!

Airmen should be more like Joe, make most of AF

By Lt. Col. George Zaniewski
 325th Aircraft Maintenance Squadron commander

A few years ago a very good friend of mine told an unforgettable story at his retirement ceremony, and I've retold that story a million times since.

He said he enjoyed his career; the people he met, the places he got to go and most of the jobs he had. But he did regret one thing – he just muddled through in his younger days. Later in his career he discovered the more he poured himself into his job and got involved with his Air Force family, the more he got back. If he could go back and start again, he'd be more like Joe, he said.

My retired friend said on any given day you'd find Joe at the local pizza joint, a town favorite. It was a place where teams gathered after the game and families met for a fun meal together. The food was good, the price was right and

the staff was friendly and always willing to stop and talk awhile, as if you were the most important customer they had.

Joe was unlike any other employee, my friend said. From the day the pizza place first opened its doors, he was the one there before everyone else and left long after all the other employees were gone. Joe never cared what his job was supposed to be. He did whatever it took to make the place run. He cleaned tables, ran the register, helped make the pizzas and did the books alone at night.

Why? Because Joe's name was on the door, and ownership was his life. Joe's Pizza was successful because he made it that way.

How many times in your Air Force career have you heard, "It's not my job" or "I can't do that because I'm not a high-ranking Airman"?

See Joe on page 3

Congratulations Retirees

<p>Today Tech. Sgt. James Baker Joint Personal Property Shipping Office</p>	<p>Thursday Chaplain (Col.) David Schroeder 12th Flying Training Wing</p>	<p>Thursday Lt. Col. Dolly Schroeder Air Force Personnel Center</p>
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Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication.
 E-mail announcements to *randolph.retiree.messages@randolph.af.mil* or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to *wingspread@randolph.af.mil* or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Respect: Tie that binds NCO corps

By Master Sgt. Mark Haviland
Air Combat Command Public Affairs

LANGLEY AIR FORCE BASE, Va. (AFPN) – The transition to NCO, and later to senior NCO can be a daunting experience for any Airman, but Chief Master Sgt. David Popp, Air Combat Command's command chief, has words of advice for those who make the journey.

The key to success, Chief Popp says, is RESPECT – not only earning it and keeping it, but also understanding the fundamentals behind the word itself. It's a message he delivers regularly to new NCOs and SNCOs:

R = responsibility

"Winston Churchill once said, 'The price of greatness is responsibility.' The 'r' in the word 'respect' stands for responsibility. As an NCO in the world's greatest air and space force, we expect you to stand up and step up to your responsibilities," the chief said. "It is your responsibility to ensure the Airmen are housed properly, trained properly, equipped properly and ready to deploy to carry out the mission."

E = example

"What you do speaks so loudly, your Airmen may not hear what you're saying," the chief said. Gen. George S. Patton once said, 'Troops, you're always on parade!'

Respect means ...

Responsibility

Example

Standards

Performance

Evaluate

Communications

Taking care of Airmen

"You're an example to your fellow Airmen when you're in the shoppette Saturday night when you've got your earring in and are purchasing those three cases of beer. You're an example to your fellow Americans when you deploy to fight the hurricanes, floods, or forest fires," Chief Popp said. "And you're an example when you wear this uniform overseas. To earn respect, you must set the right example."

S = standards

"If you don't stand for something, you will fall for anything! If you don't enforce the standards, then who will? Never apologize for enforcing our high standards. When we don't enforce the technical orders, the Air Force Instructions, the general orders – equipment gets wrecked, people's lives are placed in jeopardy, and our fight to win the global war on terror gets set back. To earn respect, you must stand up and enforce the standards."

P = performance

"There is no second place in war; you either win or you lose. NCOs are responsible for their individual performance, their team's performance and the overall outcome of the mission. This war on terrorism is much bigger than Iraq or Afghanistan. When you put on our team's jersey, this is a joint fight – that's why it says, U.S. Air Force, U.S. Army, U.S. Navy and U.S. Marines.

"Many NCOs now are familiar with 15 straight years of deployments to Desert Shield, Desert Storm, Operations Northern and Southern Watch, Operation Iraqi Freedom and Operation Enduring Freedom. As we move ahead, we will be asking all Airmen to step up and perform at 100 percent of their ability. To earn respect, you must continue to perform."

E = evaluate

"How do you evaluate those daily crisis', issues and problems brought to you?

"I believe every NCO shows up to these fiery situations with a bucket in each hand. In the left is a bucket of water and in the right is a bucket of gasoline," the chief said. "Which one do you use? The water to extinguish the situation or the gasoline to get it roaring out of control? I challenge

NCOs to get the facts before they use either bucket – evaluate the situation before you empty one of those buckets. To earn respect, you must evaluate before you take action."

C = communication

"I have found that Airmen are always down on what they are not up on. How well do you share the 'big picture' with your Airmen? How well do you provide your performance expectations to your Airmen? Do you share: the who, the where, the when and most importantly the why with them? To earn respect, you must keep the lines of communication open."

T = taking care of Airmen

"Your Airmen do not care how much you know – until they know how much you care about them!

"If I asked you to tell me about your top three performing Airmen, could you? Could you tell me the: date they arrived on station, their family status, hobbies, goals, their career development course score or their physical training score? Could you tell me what they did last weekend?

"Sadly, what I routinely find across our Air Force are supervisors who can only tell me these things after a suicide, a fatality, or serious accident has occurred.

"To earn respect, you must know and take care of your Airmen."

Joe

Continued from Page 2

We have some great folks doing awesome work but there are others who think it's just a job and not a commitment. Military members are different types of employees – they are warriors. We've all taken an oath and on that very day offered up our lives to

protect and defend this great nation.

But so many still haven't dived in and immersed themselves as a servicemember. They are still playing at the margins and hoping to get by.

So where are you in your Air Force journey? Are you just muddling along or are you more like Joe?

Joe's the one who finishes what he has to do and walks next door to see who needs help. Joe's the one who sees a broken process and does all he can to get it changed. Joes are the ones who see the Air Force as

a way of life and not just a way to pay for life.

It's about commitment, honor and being part of something so much bigger than yourself. They are the ones who can, will and are making a difference in their community – both on and off base.

My friend closed his reflections with the following advice: Put your name on the door. It's your Air Force. Immerse yourself now and when you retire after a lifetime of faithful service, you won't have that one regret.

NEWS

Airman Battle Uniform finalized, ready for production

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON (AFPN) – The new Airman Battle Uniform is ready for production and will be available in fiscal 2007, said the Air Force deputy chief of staff of personnel.

Many factors were considered in developing the final uniform selection, with the concern for Airmen being at the top of the list, said Brig. Gen. Robert Allardice.

"We were looking for a uniform that would be easier to maintain," he said. "We wanted to provide a uniform that the Airman wouldn't need to spend a lot of out-of-pocket expenses to maintain."

Also, Airmen's feedback throughout the process was beneficial in adding new pockets on the uniform.

"We listened to the Airmen's request where they wanted pockets to hold small tools and when they wear body armor the existing shirt pockets are not accessible or usable," General Allardice said. "It will have the four pockets on the front of the shirt, and also a small pencil pocket on the left forearm and two pockets on the lower legs. In addition, inside the side pockets and inside of the breast pockets there will be smaller sewn-in pockets to hold small tools, flashlights or cell phones."

The new uniform design is a pixilated tiger stripe

with four soft earth tones consisting of tan, grey, green and blue. The ABU will have a permanent crease and will be offered in 50-50 nylon-cotton blend permanent press fabric eliminating the need for winter and summer weight uniforms.

General Allardice said the new ABU will not have to be starched or pressed.

"We want a uniform that you wash, pull out of the dryer, and wear. This requirement meets the ease and cost effectiveness needs in maintaining a uniform," he said.

He speaks from personal experience and added that in the long run it will save Airmen money on dry cleaning costs.

"I tested this uniform. I wash it, take it right out of the dryer and wear it," General Allardice said. "We don't want people putting an iron to it."

The fit of the uniform was also a concern for Airmen.

"Were making them available in more sizes to fit the body better," he said. "We've taken the time to produce more sizes and tailored them for men and women."

Some other ABU accessory items:

- A tan T-shirt will be worn; Airmen will be required to maintain one tan T-shirt with an Air Force logo on the front and Air Force written on the back.
- Suede cowhide boots in matching green-gray color; like the desert boot these will be polish-free and available in men's and women's sizes.

- The word color for the name, U.S. Air Force, and rank is midnight blue; nametapes and rank insignia background will be tan and sewn on using a matching tan color thread.
- The ABU adopts the battle dress uniform hat style for primary use and the floppy hat design will be used in some deployed areas.
- The only thing that needs to be determined is if patches will be worn and the Air Force chief of staff will make that determination soon, General Allardice said.
- The current projected mandatory wear date for the new ABU is fiscal 2011.

"This is the uniform of the future," General Allardice said. "Eventually when enough of these uniforms are manufactured, we will phase out the BDU and desert combat uniforms."



New Airman Battle Uniform
(U.S. Air Force photo illustration)

AFMA honors its 2005 award winners

By Richard Salomon

Air Force Manpower Agency Public Affairs

The Air Force Manpower Agency honored its most stellar performers of 2005 at an awards luncheon recently at the officers' club.

Col. Kenneth Keskel, AFMA commander, presented the awards.

"It's important to be able to formally recognize those individuals who have truly excelled throughout the year because, in our daily routines, it's easy to take excellence for granted," Colonel Keskel said. "Working together as a team, all of us here at AFMA share in the achievements of these remarkable individuals. Well done!"

Company Grade Officer of the Year Capt. James Damato

Capt. James Damato spearheaded the first of its kind capability-based manpower study for the air transportation career field. The study's team members quantified and validated more than 15,000 total manpower spaces. As part of that study, Captain Damato calculated critical wartime spaces and corrected the wartime authorization baseline for more than 7,000 spaces. He also built a Microsoft Access-based determinant tool to properly size the Air Force's warfighting headquarters. As part of this effort, he built separate manpower templates for each attribute and response option, which covered multiple air operation center scenarios. Using this information, combatant commanders can accurately tailor AOCs and Air Staffs to meet unique theater missions.



Capt. James Damato

Senior NCO of the Year Master Sgt. Mary Kay Poppe

Master Sgt. Mary Kay Poppe was the Air Force's team lead and manpower expert for a multiservice manpower reorganization study of U.S. Central Command. Her efforts helped posture CENTCOM for the long-term global war on terrorism. Sergeant Poppe was AFMA's representative to the Air Force Materiel Command's acquisition and sustainment community during the review of a manpower determination model for systems program offices. As the technical analyst for the Air Force National Museum study review, she ensured the museum had the right number of people to support more than 1.2 million public visitors a year.



Master Sgt.
Mary Kay Poppe

NCO of the Year Staff Sgt. Michael Chappell

Staff Sgt. Michael Chappell is AFMA's number one computer and networking expert. He served as a key technical player for the agency's Secret Internet Protocol Network vault expansion project, and he developed an emergency action plan used by vault managers in contingency and disaster recovery operations. Sergeant Chappell's SIPRNet configuration allows users to centralize their file sharing and back up essential manpower files.



Staff Sgt.
Michael Chappell

Because of his efforts, classified information processing capabilities increased six-fold. During 2005, Sergeant Chappell resolved more than 300 computer problems with 100 percent customer satisfaction, configured and deployed 50 new notebook computers for 62 percent of AFMA's annual technology replacement and successfully managed more than 500 computer items valued at \$300,000.

Senior Civilian of the Year James Veatch

James Veatch is sought by the manpower and functional communities for his wartime and management engineering knowledge. He was the team lead for the air and space operations center portion of the warfighting headquarters manpower requirements study, which impacted more than 14,000 authorizations Air Force-wide. Mr. Veatch was requested by name to participate in the Air Force Rapid Improvement Event on provisional unit stand-ups. As an expert in wartime readiness policy and planning, he was AFMA's point of contact for readiness issue updates to Air Force instructions 10-401 and 38-205. He also provided critical wartime assistance to manpower people deployed in support of Operation Iraqi Freedom.



James Veatch

Intermediate Civilian of the Year Sarah Hamilton

Sarah Hamilton is a valued team member of the highly complex acquisition and sustainment unit capability-based manpower study. She thoroughly researched and documented capabilities, organizational complexities, mission statements and applicable manpower studies during the study's familiarization phase. Ms. Hamilton designed a complete familiarization library, both in binder and electronic form, to aid team members processing volumes of text and data. She also created and implemented a database that automates costs and quantifies contract man-year equivalents for the purpose of conducting annual contract manpower equivalent reviews.



Sarah Hamilton

Junior Civilian of the Year Tracy King

Tracy King developed a division tracking tool for new rules governing civilian travel time compensation. This tool was quickly adopted for use by the entire agency. The new tracking tool computes complex travel time criteria, increases accountability and creates a "paper trail" to support the tracking and handling of information. She also created a how-to guide to simplify electronic records filing for AFMA's records custodians, which helps minimize time spent filing e-mails and other electronic files. During an internal audit, Ms. King was praised by the agency's financial manager for her methods of tracking expenditures on a month-to-month basis. She is also active in the AFMA choir and sings at various ceremonies throughout the year.



Tracy King

NEWS BRIEFS

AFPC NCO recognized

SATHER AIR BASE, Iraq – An NCO deployed to Iraq from the Air Force Personnel Center was recently recognized for exceptional performance.

Staff Sgt. Rebecca Lewis, assigned to the 447th Air Expeditionary Group Personnel Contingency Office, was awarded Sather Air Base's "Sharp Troop" award for February by the base's senior enlisted leadership.

As part of her responsibilities, Sergeant Lewis inprocesses all Airmen who arrive to Sather and the adjacent Army camps to ensure they are accounted for during their tours in the Iraqi theater of operations.

She was recognized for her meticulous attention to detail, exceptional customer service and positive attitude while serving customers.

12th OSS change of command

Lt. Col. David Giachetti takes command of the 12th Operations Support Squadron from Lt. Col. Keith Pannabecker today at 10 a.m. in front of the base operations building.

Washington Circle closure

Washington Circle is closed Friday from 9 a.m. to 1 p.m. to traffic for the annual Freedom Flyers Reunion Wreath Laying Ceremony at the Missing Man Monument. Inbound traffic will be routed from Harmon Drive toward the gas station and behind Randolph Brooks Federal Credit Union.

DoD pay proposal briefing

The Air Force Sergeants Association is conducting a special briefing on the Department of Defense's new proposals for military pay Wednesday and Thursday at 3 p.m. in the base theater. Retired Chief Master Sgt. James Lokovic of the AFSA leads the discussion.

I Love Randolph Week

April 10-14 has been designated "I Love Randolph Week," a time for units and residents to contribute to the Randolph community.

Vouchers for mulch are provided for housing residents.

Facility managers need to submit an Air Force Form 332, Base Civil Engineer Work Request, by March 31 for any work they want done. Sod requirements are in addition to other landscape requests.

For details, call 652-3681.

USAF Honor Guard applications

The Air Force Honor Guard is seeking master sergeants and technical sergeants with a line number for master.

The honor guard serves at high visibility ceremonies honoring heads of state and senior military officials, at formal wreath-laying ceremonies and at drill team performances.

The senior NCOs are responsible for day-to-day operations of the honor guard.

To be considered for this 36-month tour of duty in Washington, male applicants must be at least 5 feet 10 inches tall and female applicants at least 5 feet 6 inches tall.

Complete application information can be found at <https://www.mil.bolling.af.mil/orgs/OG/HG/application.htm>.

Army recruiting drive

The Army is seeking highly motivated Soldiers, Airmen, Marines and Sailors to fill its warrant officer ranks.

Positions are open in all 41 specialties for qualified candidates.

For details, visit www.usarec.army.mil/warrant.

560th FTS hosts annual Freedom Flyers Reunion

By Bob Hieronymus

Wingspread staff writer

The 560th Flying Training Squadron hosts the 31st Annual Freedom Flyers Reunion March 31.

The reunion is for those pilots who had been prisoners of war in Hanoi during the Vietnam War and became requalified through the 560th FTS for flying duties or received the end-of-tour "fini flight" they missed

because they were shot down.

The public is invited to a Freedom Flyers symposium at 9 a.m. in the base theater, which includes presentations by six of the former POWs, a wife of a POW and the commander of the 560th FTS when the program started in 1973. The speakers will discuss such topics as the conditions in the North Vietnamese prisons, communications among the prisoners, life on the home

front and how the squadron worked with the returnees.

There will also be a formal wreath-laying ceremony at the Missing Man Monument on Washington Circle at noon, complete with a military fly over. Traffic on Harmon Drive will be rerouted toward the gas station and behind Randolph Brooks Federal Credit Union in order to prepare for the ceremony Friday at 9 a.m. Traffic should return to normal by 1 p.m.

Present and accounted for: *AFPC PERSCO team keeps track of personnel shuffle in Kyrgyzstan*



Senior Airman Michael Brown gives transient Army personnel lodging assignments at Manas Air Base, Kyrgyzstan. At the beginning of the PERSCO team's rotation, processing Army personnel took hours. With new systems they've created, that time has been cut to 10 minutes and made paperless. (Photo by Staff Sgt. Lara Gale)

By Staff Sgt. Lara Gale
376 AEW Public Affairs

MANAS AIR BASE, Kyrgyzstan – It may be easy to feel lost in the crowd on a base with more than a thousand permanent and hundreds of transient personnel, but the truth is, not a single person here goes unnoticed.

As the population surges and shrinks, rotates in and out, and leaves and returns to the base daily, the PERSCO team, comprised of people deployed from the Air Force Personnel Center, keeps tabs on everyone, entrusted by each person's home unit with accountability of its people deployed here.

It's almost as simple as it sounds, now, said Tech. Sgt. Patrick McDonald, NCO in charge of PERSCO.

When the team first arrived, in-processing people – transients and permanent party – took hours.

The standard procedure for processing transients is to have each one fill out an accountability form. They were filling out two copies, one for lodging and one for PERSCO to keep accountability. The whole process often took longer than an hour. Back in their tent, the PERSCO team was spending hours manually entering each person into their computer, one form at a time.

The process wasn't created for literally multiple hundreds of transient personnel coming through at a time, as is the case here at the Gateway to Operation Enduring Freedom. The paperwork logjam was unbelievable, said Staff Sgt. Adam Harbold. There were days when the shelf space in the office was covered from top to bottom with stacks of forms waiting to be entered into the database.

"A lot of times, by the time we finished putting everyone in the computer they had already left," said Sergeant McDonald.

Now? "We just processed through about 200 people in ten minutes," said Maj. Andrew Doane, chief of PERSCO.

Even as they struggled to stay on top of the never-ending flow of personnel, the team was devising ways to make the process faster, more accurate and less of an impact on the permanent party here. One of the first steps was setting up the reception tents outside Pete's Place last month, which allowed the recreation tent to stay open for its intended purpose instead of closing down every day for transient briefings.

Then, early last month, the team acquired access to a database called GATES that reports as much as 24 hours in advance who will be arriving on base and when. Now, before personnel ever arrive, PERSCO has coordinated with lodging to assign them tents or dorms, and in-processing is paperless.

"It's like a machine, now," said Sergeant Harbold. "We brief them, their unit leader does role-call off the sheet, and they get their key or tent assignment from one lodging person and directions from another one."

With record-breaking numbers of transients moving through the base, this PERSCO team was determined to make the process more accurate and efficient, said Major Doane. The pace was relentless as they learned the new computer system and set up their new system.

"It was like building an airplane while you're flying," he said.

They're still fine-tuning the system, but are confident the next PERSCO team will be set up for success, said Sergeant Harbold.

During a staff assistance visit a few weeks ago, they were praised for their efforts and told their ideas will be reported as best practices for PERSCO teams in their situation in the future.

AFAF: Real help for Airmen in real time

The Randolph Air Force Assistance Fund "Commitment to Caring" campaign runs through April 21.

The annual campaign gives people an opportunity to contribute to one or more of four different Air Force related charities including the Air Force Aid Society, Air Force Enlisted Villages, Air Force Village Indigent Widows' Fund in San Antonio and the General and Mrs. Curtis E. LeMay Foundation.

The following are accounts of ways the Air Force Aid Society helped Randolph people last year and represents how AFAF as a whole lets Air Force members take care of their own.

A master sergeant requested emergency travel assistance due to the death of his father-in-law in England. He had already paid for his wife to go to her father's bedside prior to his passing away. The Air Force Aid Society helped with a loan and made travel arrangements through its contracted travel agency for round-trip airfare for the sergeant and his daughter.

A staff sergeant experienced high legal fees

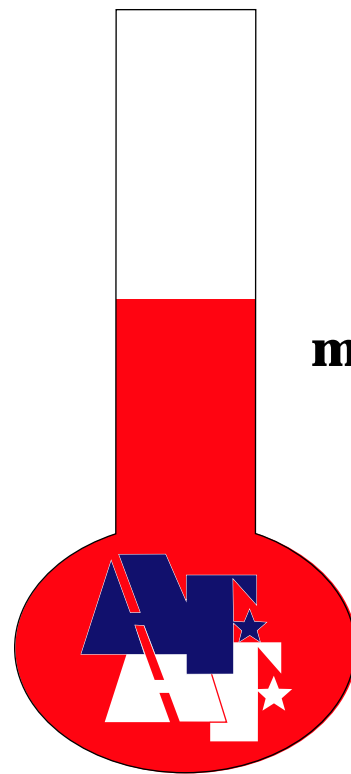
due to a pending divorce. The legal fees had drained his savings and strained his budget. He was only able to make a partial rent payment one month and could not pay his electricity bill. AFAS helped with a loan for the balance of the member's rent and the electricity bill.

A senior airman requested help with a car payment after paying for extensive dental work for his wife. The member had also experienced difficulties with establishing an allotment, which held him back from gaining access to his funds. AFAS provided a loan.

A technical sergeant's spouse had recently become unemployed and their home air conditioning unit stopped working. The member got repair estimates and AFAS provided a loan.

People can contribute to AFAF through cash, check, money order or payroll deduction.

For more information on the campaign, visit <http://afassistancefund.org> or call a unit key worker.



**46% of
monetary goal**

**Randolph's
AFAF
campaign
contribution
as of Tuesday**

Vickers

Continued from Page 1

in Tehran, Iran, when their revolution broke out in 1978. I remember hearing gunfire in the streets."

Mr. Vickers said his experiences intensified after he joined the military. He recalled a time when a terrorist bomb was set off on Rhein Main Air Base, Germany, during his first tour of duty after technical school.

"It happened on Aug. 8, 1985," he said. "I was on the cordon line at the blast site helping maintain security for 18 hours that day."

Three years later Mr. Vickers was on scene right after an apartment accidentally blew up.

"I managed to save two people from the fire," he said. "I was awarded the Airman's Medal for that."

Mr. Vickers was also deployed to the site of the Khobar Towers explosion in Saudi Arabia just three days after the terrorists blew up their truck bombs there.

"Through all that I developed a special interest in working to counter terrorists threats," he said.

Today Mr. Vickers spends much of his time working to ensure Randolph uses its resources efficiently and remains secure from threats that might disrupt base operations or threaten lives.

Mr. Vickers said that one of the most important aspects of continuing on at Randolph in his civil service position was that he can stay in one place with his children.

"As a civilian, I won't have any more time away from home or deployments," he said, "but I do miss wearing the badge."

The Air Force award will be presented to Mr. Vickers at the Security Forces Worldwide Symposium at Lackland AFB on April 13.



Robert Vickers, 12th Security Forces Squadron chief of installation security section, conducts a class for base controlled-area monitors. (Photo by Bob Hieronymus)

Base chaplains provide guidance, counseling

By Jennifer Valentin
Wingspread staff writer

With a staff of 18 people, the Randolph Chapel provides an array of spiritual guidance and religious activities for the base community.

The majority of the chapel's activities focus on the Catholic and Protestant religions; however, the chapel is ready to assist people of all religions.

"The chapel is the spiritual heart and soul of the base," said Chaplain (Col.) David Schroeder, 12th Flying Training Wing head chaplain.

For those of the Roman Catholic faith, Masses, penances and holy day Masses are held throughout the week and on weekends.

Religious education is also offered Sundays in the chapel annex for preschool aged children through adult from 9:45-11 a.m. through May.

The Catholic parish council consists of 10 elected members as well as the chairperson of the committees. They meet the first Tuesday of every month at 6 p.m. in the chapel annex.

Mass coordinators, a liturgy committee, Extraordinary Ministers of Eucharist, lectors, ushers, altar servers and cantors support the Liturgical Ministries every Sunday.

"We always provide training for those members who want to volunteer their time at the chapel's Sunday liturgies," Chaplain Schroeder said.

There are also groups for Catholic men and women on base.

The Catholic Women of the Chapel meet the first Saturday of the month at 9:30 a.m. in the chapel center.

The Catholic Men of the Chapel, the St. Joseph's Men's Group, meets the third Saturday of the month at 8 a.m. in Chapel 1 for Mass and breakfast.

The Christian Initiation for Adults meets Tuesdays at 7 p.m. in the chapel center. Confirmation, First Communion Instruction and various parish events are part of the parish life in the Randolph Catholic Community.

Teenagers of the Catholic faith can be apart of the Catholic Youth in Action program, which meets weekly at various times.

"It's great to have a program where they can learn



Chaplain (Capt.) Terry Fox talks with a Randolph member during a counseling session. (Photo by Jennifer Valentin)

more about the Catholic faith with others their own age," Chaplain Schroeder said.

If members of the base wish to have their children baptized, or are getting married, the chapel can provide those services as well, with advance notice, Chaplain Schroeder said. Wedding briefings are held Mondays at 3 p.m. in the chapel annex.

"The chapel also has a great music program, for anyone who wants to join," the chaplain said.

One cantor, or an entire adult choir, leads each liturgy in song, accompanied by the piano and organ. Other musicians are welcome to play with the choir at any time.

Cantor practice takes place Thursdays from 6:30-7:30 p.m., with choir practice following at 7:30 p.m., both in Chapel 2. The children's choir practices Sundays at 12:45 p.m. in Chapel 2.

The Ecumenical faith also plays a large role in the Randolph community.

A traditional Protestant service is offered every Sunday at 8 a.m. followed by a contemporary service at 10 a.m. and gospel service at 11:30 a.m. in Chapel 1.

Sunday School for ages three through adult meet Sundays in various locations, from 10-11 a.m. and 11:30 a.m. to 12:30 p.m.

A Children's Church is also offered for children who participate in the 8:30 a.m. Sunday service.

The base Protestant program also has groups for men and women.

The Protestant Women of the Chapel meet monthly for coffee or luncheons and visit the Autumn Winds Retirement Lodge monthly.

The Protestant Men of the Chapel meet the last Saturday of every month at 8 a.m. in the chapel annex. The PMOC also volunteers with Habitat for Humanity once a month.

The Christian Youth of the Chapel is made up of three age groups.

"The youth groups are a great way for the base children and teenagers to get involved in the church and make friends," said Chaplain Schroeder.

The Widows and Widowers Group meets the last Friday of the month at noon in the chapel annex for lunch and fellowship.

Bible Studies are also available through the Protestant programs, as well as choir opportunities for men, women and children.

Weekly Ecumenical Film Luncheons are held Wednesdays at 11 a.m. and 12:15 p.m. in the chapel annex.

Other religious services are not conducted at Randolph but are available at Lackland. Jewish Sabbath services are offered at Lackland Fridays at 6 p.m. in their Permanent Party Chapel.

Orthodox Worship is also held at Lackland in their Memorial Chapel. Divine Liturgy is held Sundays at 8:30 a.m.

Aside from religious opportunities, base chaplains also provide counseling and referrals.

"Any problems, whether with work, family life or personal life, we are here to listen," said Chaplain (Capt.) Terry Fox. "We act as the conscious of the base, and if things aren't going right, we want to help people fix them."

Every unit is assigned a unit chaplain, said Chaplain Schroeder. However, if a member feels more comfortable talking with another chaplain, they can.

"We offer complete anonymity here, and encourage people to come to us for help if they have a problem," Chaplain Fox said. "We don't turn anyone away."

Flying wheels



Jeffrey Della Rocco executes a jump at the base skate park March 17. He was one of more than 25 children who attended the youth center's annual skate camp during spring break. (Photo by Staff Sgt. Beth Del Vecchio)

Tax office offers help

The Randolph Volunteer Income Tax Assistance Program is providing free federal income tax return preparation to active duty servicemembers, retirees and family members who have a valid military ID card now through April 17.

Assistance is available by appointment only Monday through Friday from 9 a.m. to 3 p.m., April 6 and 12 from 5-7 p.m., and April 15 from 9 a.m. to 3 p.m. The center is located on the first floor of the Taj Mahal, Building 100.

In addition to the tax center, military members can obtain assistance directly through their individual units, most of which have a unit tax advisor. UTAs undergo formal tax training from the IRS and are ready to offer the same tax assistance available through the center. Active duty members should primarily use their UTA.

Returns are generally filed electronically. To do so, the tax center needs the following information in order to complete the return:

- Valid military ID card
- Social Security cards for all names on tax return
- All W2s received
- 1099s
- Social Security income forms
- Information regarding stocks, bonds, mortgages, other income, etc.
- Last year's tax return
- Bank account and routing number

Free electronic filing services are available through the IRS website at www.irs.gov. for those members who want to prepare and file their own taxes.

For an appointment, call 652-1040.

Base family day care seeks providers

By Staff Sgt. Beth Del Vecchio
Wingspread staff writer

The Randolph Family Child Care program is seeking more providers for family child care. An orientation class will be held April 2-7 from 9 a.m. to noon at Building 662, behind 19th Air Force. Currently the program has two on-base providers and five affiliated off-base providers and needs more, said Heidi Welch, family members program flight chief for the 12th Services Division. Although providers for children of all ages are always needed, there is a great need for providers to care for children between the ages of 6 weeks and 2 years. “The program is a great opportunity for individuals wishing to work out of their homes, stay at home with their own children and provide an additional income for their families,” said Ms. Welch. To be considered for the program, applicants must first undergo 15 hours of orientation training. The orientation includes training on Air Force regulations, business practices, stages of child development, health and safety. Training is also conducted on child abuse recognition and prevention, menu planning, first aid and CPR.



Criscinda Rivera, a family care provider, reads a story to some of the children she cares for during the week. (Photo by Staff Sgt. Beth Del Vecchio)

During the training, security forces, Air Force Office of Special Investigations, family advocacy, mental health and housing conduct a background check on applicants and their family members. The fire department, safety office, public health office and family child care coordinator inspect the homes to ensure no safety or fire issues exist. Once all

of the requirements are completed, the applicant is reviewed by the family child care panel. The 12th Mission Support Group deputy commander is the chairman of the panel. Once applicants become licensed, they receive ongoing training. A combination of module training and group meetings allow providers to gain competency and additional skills, Ms. Welch said. Along with the training, quarterly socials are held to give the providers a chance to get to know each other and discuss their programs. The family child care office has a lending library to loan out cribs, toys, books and games. The service helps cut expenses, which makes the initial cost of setup minimal to a new provider, Ms. Welch said. Family child care providers are allowed to care for six children including only two children under the age of two years. Criscinda Rivera, a family child care provider on base and mother of four, has been in child care for more than ten years. She has been a family care provider since 2000 and says she loves her job. “You get to watch the children grow from infant to toddler, it’s a priceless experience,” said Mrs. Rivera. To reserve a spot in the orientation training or for more information, call Essie Howard at 652-3668.

COMMUNITY BRIEFS

ANNOUNCEMENTS

HAWC classes
The health and wellness center offers classes starting next week:

- Tobacco cessation
- Lifeskills workshop
- Anger management

For details, call 652-2300.

Family advocacy seminar
The family advocacy office hosts a brown bag lunch seminar April 14 from noon to 1 p.m. at the family support center. The topic is “Swaddle, Don’t Throttle,” which discusses Shaken Baby Syndrome and ways to calm a crying baby. To sign up, call 652-3340.

MOAA luncheon
The Military Officers Association of America, Alamo Branch, hosts a social hour and luncheon Saturday starting at 11 a.m. at the Sam Houston Club on Fort Sam Houston. The cost is \$15. For reservations, call 228-9955.

Club meeting
The Retired Officers’ Wives and Widows Club of Fort Sam Houston meets Monday at 11 a.m. with lunch at 11:30 a.m. at the Sam Houston Club. The cost is \$12. For reservations, call 822-6559.

Yellowstone National Park trailers
For those traveling to Yellowstone National Park, Mountain Home AFB’s Outdoor Recreation has 13 trailers available for rent through their Yellowstone Country Trailer Program. The trailers include connected utilities and kitchen accessories. The office begins taking reservations April 3.

For reservations, call (208) 828-6333 or DSN 728-6333.

EDUCATION SERVICES 652-5964

ERAU e-mail correspondence
Starting June 1, Embry-Riddle Aeronautical University students will receive campus and office e-mails through their ERAU e-mail address. Students can get their ERAU e-mail address by calling 1-866-227-8325. For details, call ERAU’s Randolph office at 659-0801.

AEF scholarships
The Aerospace Education Foundation is offering \$1,000 scholarships to be awarded in June to 30 Air Force spouses. Applicants are limited to spouses of Air Force active duty, Reserve and Air National Guard. Application requirements are available at the education center. The deadline to apply is April 15.

ASE testing deadline extended
The Automotive Service Excellence application deadline for the May testing cycle has been extended to March 31. Applications should be turned into the education center before Tuesday. Registration forms are available at www.dantes.doded.mil/dantes_web/certification/ase.htm.

Applicants are responsible for the \$32 registration fee.

FAMILY SUPPORT CENTER 652-5321

San Antonio tour
The family support center offers a tour of San Antonio March 31 from

8:30 a.m. to 3 p.m. The tour includes historic sites, lunch and shopping. To sign up, call 652-3060.

Smooth Move Seminar
The next Smooth Move Seminar takes place Wednesday from 9-11:15 a.m. at the family support center. To sign up, call 652-3060.

CHAPEL SERVICES 652-6121

Protestant
Saturday – Protestant Women of the Chapel from 8:30 a.m. to 2 p.m. at the chapel center
Sunday – In Chapel 1: Traditional worship at 8:30 a.m.; Contemporary worship at 10 a.m.; Gospel service at 11:30 a.m.
Monday – Men’s Gospel Service from 6:30-10:30 p.m. in Chapel 1; Scrap booking from 9:30-11:30 a.m. at the chapel center sponsored by the PWOC
Tuesday – Men’s and Women’s Bible study at 11:30 a.m. in the chapel center; Gospel choir practice at 7 p.m. in Chapel 1
Wednesday – Protestant Women Bible study at 12:15 p.m. in the chapel center; Contemporary Praise Team meeting at 6:30 p.m. in Chapel 1; Protestant Youth of the Chapel Bible study at 7:15 p.m. at 10 Main Circle
Thursday – Lenten Devotions at the chapel center at 11:30 a.m. to noon followed by a soup lunch. Praise Team meeting at 6:15 p.m. in Chapel 1; Precept Bible study at 6:30 p.m. in the chapel center; Chancel choir practice at 7 p.m. in Chapel 1

Catholic
Monday-Friday – Rosary at 11:10 a.m. and Mass at 11:30 a.m. in Chapel 1

Saturday – Confession at 4:30 p.m. and Mass at 5:30 p.m. in Chapel 1
Sunday – Mass at 8:30 a.m. and 11:30 a.m. in Chapel 2; Religious education classes at 10 a.m. in the chapel center
Tuesday – Contemporary Choir practice at 6:30 p.m. in Chapel 2; Rite of Christian Initiation for Adults at 7 p.m. in the chapel center
Ash Wednesday – Mass at 11:30 a.m. in Chapel 1 and 5:30 p.m. in Chapel 2

Ecumenical
Monday – Wedding briefing at 3 p.m. in the chapel center
Wednesday – Film luncheon at 11 a.m. and 12:15 p.m. in the chapel center
Thursday – Ecumenical Men’s and Women’s Bible study at noon in the chapel center

MOVIES 652-3278

Today
“Final Destination 3” (R), 7 p.m. Starring Mary Elizabeth Winstead – A student’s premonition of death saves her and her friends, after which they must escape their fate.

Saturday
“When a Stranger Calls” (PG-13), 2 p.m. Starring Camilla Belle – A babysitter is threatened by harassing telephone calls.

“Final Destination 3” (R), 6 p.m.

Sunday
“Something New” (PG-13), 6 p.m. Starring Sanaa Lathan – A corporate lawyer goes on a blind date with a free-spirited man.



Ron Raymond (left), 12th Logistics Readiness Division War Readiness Element material handler, checks the mobility bags of Capt. Craig Gong (right), Air Force Recruiting Service, and other Randolph Airmen during a deployment line earlier this year. (Photo by Javier Garcia)

WARRIOR SPIRIT

War Readiness Element prepares Airmen for worldwide deployment

By Staff Sgt. Lindsey Maurice
Wingspread editor

With today's expeditionary force it's important that Airmen go to the battlefield prepared and equipped for anything from surviving in the wilderness to protecting themselves in an attack. That's where the 12th Logistics Readiness

Division's War Readiness Element comes in. Through the efforts of this five-person team, the hundreds of Randolph Airmen who deploy each year travel with the peace of mind that they have the essential tools needed to survive.

From the general support bag to the cold weather and chemical defense bags, the element maintains about \$4 million worth of equipment, as well as \$700,000 worth of weapons.

"It's a lot to be responsible for," said Aaron Bradley, war readiness chief, "but the demands of the job are worth it just knowing that we provide these Airmen with the essential equipment they need to protect themselves when they deploy."

One of the first steps Airmen should make when they come to the base is to war readiness, making sure their proper sizes are loaded into the Mobility Inventory Control and Accountability System.

"It's very important people come by and do this," said Jerry Lewis, war readiness material handler. In the case of a no-notice deployment we can then just look them up on our system and get their bags ready to go with all the necessary and correct equipment."

At any given time the element has more than 1,300 built-up bags which include A, B, and C-1 bags for real-world deployment and enough extra equipment on hand to build another 2,500 additional bags of various size configurations.

The A Bag, or general support bag, includes a helmet, web belt, body armor, sleeping bag, canteen and

mess kit. The B Bag, or cold weather bag, includes basic items such as a parka, gloves, boots and socks. The C Bag, or chemical defense bag, includes chemical warfare defense ensembles, a protective mask, mask filters, gloves, boots and detection papers.

"Every person who goes through the deployment line has to inventory everything in their bags with us before they leave to make sure it isn't missing anything," Mr. Bradley said. "We don't take any risks when it comes to their protection."

With such a wide range of equipment comes a wide range of care. Many items such as the decontamination kits, gas mask canisters, detection papers and gloves have expiration dates, and it's up to the war readiness element members to make sure their inventory remains up-to-date.

"Expired gear doesn't do an Airman any good in the field," Mr. Bradley said. "That's why we make our inventory a number one priority."

In addition to mobility bags, the element also issues each deploying member a weapon with few exceptions like 12th Security Forces Squadron members who maintain their own. As the resources protection control monitors, Mr. Bradley and Mr. Lewis maintain a vault containing almost 900 M-9s and M-16s.

"Along with being a monitor comes a lot of responsibility," Mr. Bradley said. "If anything happens, like if the alarm were to go off, we have to respond immediately. We also have to be there to issue deploying members their weapons two hours before their flight. So if a member leaves at 5 a.m., we have to be there at 3 a.m."

The element, along with other base agencies, runs a deployment line Wednesdays and a redeployment line Tuesdays and Fridays. Every line varies, but they service anywhere from one to 25 customers at a time.

In addition to those Airmen embarking on real-world deployments, the war readiness element also services hundreds of customers a week who need to sign out gear for training purposes, including everything from Nuclear, Biological and Chemical training classes to base exercises and Warrior Day training.

"We have anywhere from 60-80 customers come through our doors on a given day," said Ron Raymond, war readiness material handler. "And we



Eddie Lozano inspects a gas mask at the deployment center. (Photo by Staff Sgt. Lindsey Maurice)



Wadda Harper prepares a chemical defense bag for a deploying member. (Photo by Staff Sgt. Lindsey Maurice)



Wadda Harper (left) takes a mobility bag from Kezia Hillary at the deployment center. (Photo by Staff Sgt. Lindsey Maurice)

take a personal interest in each and every customer.”
Mr. Raymond said he and his coworkers love what they do because they know their job has meaning.
“We gear up young men and women to go into combat with the equipment and protection they need to survive,” he said. “All of us have deployed at some point or another or we have kids or relatives in the military. We view every customer who walks through that door as if they were our own child going off to war. These young Airmen deserve the very best and we give them just that.”

Mobility Inventory

The 12th Logistics Readiness Division war Readiness Element maintains about \$4 million worth of equipment. The following are some of the items they maintain.

A Bag
(General Support)

Other A Bag items include:
Body armor
Sleeping bag
Other support items

B Bag
(Cold Weather)

Other B Bag items include:
Gloves
Socks
Other cold weather items

C-1 Bag
(Chemical Defense)

Other C-1 Bag items include:
Exterior gloves
Hood
Boots
M-9 paper
Other support items

Helmet

Canteen and Web belt

Mess Kit

Parka

Boots

Protective Mask

Chemical Protective Overgarment

Glove Inserts

M-8 Paper

M-9

M-16

Members also deploy with an M-16 or an M-9.

AFRS opens playoffs with win

AFSVA first to enter extramural loser's bracket in first round

By Michael Briggs
12th Flying Training Wing Public Affairs

Playing with a lineup depleted by people on temporary duty, the Air Force Recruiting Service used a running offense and swarming defense to defeat the Air Force Services Agency 44-29 in the first game of the extramural basketball playoffs Tuesday night at the fitness center.

The extramural league is for players 30 years old and older.

Seven teams are competing for the league title that will be decided Thursday night.

At press time, AFRS was still in the hunt with a winner's bracket game played last night.

AFSVA had to remain at the gym for a second game Monday, which they won over Air Education and Training Command Computer Systems Squadron, thus eliminating AETC/CSS from the playoffs.

AFSVA was scheduled to play again last night in hopes of remaining alive in the double-elimination playoffs.

Lonnie Barton scored 12 points and Jamal Williams and Michael Barnhill each scored 10 to lead AFRS in Tuesday's opener.

Barton converted some key free throws down the stretch to keep AFSVA from mounting a comeback.

AFSVA built an 8-3 lead early in the game, but could not hang with the running game of AFRS, which went on a 12-0 run, mostly on fast break points, to take a 15-8 lead with 12 minutes left in the half.

"We had a smaller lineup, so given the roster we had we wanted to go out there and push the ball up and down the floor," said James Henry, AFRS coach. "We did a real good job on the boards tonight. We stopped them from getting more than one shot."

Cal Robinson, AFRS center, was the key rebounder on both ends of the court for AFRS.

"We had some good looks at the basket tonight, but they just weren't dropping, and then they were out-muscling us for the ball," said Gary Lott, AFSVA center. "They seemed to be hungrier than us, is what it came down to."

AFSVA got on track for the last part of



Cal Robinson (airborne center), Air Force Recruiting Service center, tries to block a shot by Gary Lott, Air Force Services Agency center, as Robinson's teammates swarm in for the rebound. AFRS dominated the boards to keep AFSVA from getting second-shot opportunities. (Photo by Steve White)

the half to keep the game close at 24-16 at halftime.

Williams keyed an early second-half spurt that pushed the lead to 12 points at 32-20 for AFRS five minutes into the second half. He hit a 12-foot jumper, followed that with a fast break layup and hit a jumper from the foul line coming off an AFSVA timeout.

AFSVA did not help its own cause by not getting back on defense and then taking low percentage shots on offense down the stretch.

"We had holes in our zone and turnovers killed us," Lott said.

Rick Dehonney scored 7 points on the night for AFRS.

Lott led AFSVA with 8, followed by

Mike Barkster with 6, and Toby Proctor and Charles Crittendon each with 5 points.

Other Scores

In other opening night extramural playoff games Tuesday, Air Force Personnel Center No. 3 beat AETC/CSS 39-37, AFPC No. 2 defeated the 12th Logistics Readiness Division 28-25 and AFSVA rebounded from its loss earlier in the night to bounce AETC/CSS from the playoffs 46-31.

AETC Directorate of Personnel is the other contender in the seven-team field. AETC/DP had a first-round bye by virtue of having the best record in the league and played its first game of the playoffs last night.



Basketball Standings as of Wednesday

INTRAMURAL	W	L
12 CPTS/MSS	15	0
AETC CSS	12	3
AFPC	10	6
562 INSTR	9	6
JPSO	8	6
12 MDG	6	9
562 C FLT	3	11
12 SFS	3	12
12 CES	2	13
EXTRAMURAL		
AETC/DP	10	1
AFRS	9	2
AFPC 3	8	3
12 LRS	7	4
AFPC 2	7	4
AETC CSS	7	4
AFSVA	7	4
AFPC 1	5	6
AFMA	3	8
12 OSS	2	9
AETC/SG	2	9
19 AF	0	11

Fit to Fight



The "Fit to Fight" column recognizes Team Randolph members who achieve an "excellent" rating on the Air Force Fitness Test.

12th Aeromedical Dental Squadron

Philip Kemp
Patricia Manzure

SPORTS BRIEFS

Ro-Hawks earn honors

Four members of the Randolph Ro-Hawks boys basketball team earned all-district honors for the District 27-AA Co-District Champions.

Point Guard Sean Applewhite was selected as the Co-Most Valuable Player. Post Will Kent and forward Zach Collins were selected to the first team and guard Elliott Ortiz won second team all-district honors.

Powerlifters excel

Randolph High School's Jamonyca Wilson won a silver medal at the State Powerlifting Meet Mar. 17 in Killeen, Texas.

Zach Collins will attend the boys' state powerlifting meet in Houston tomorrow. Zach qualified for state by finishing in second place at the Region 5 Meet in the 198-pound class. Also at the Region 5 boys' meet, earning third place bronze medals were Chris Del Frate in the 123-pound class, Kyle Kuhl in the 220-pound class, and Diego Velez in the 242-pound class. Finishing fourth was Diego Velez in the 242-pound class.

Youth center members play on Spurs' court

By Jennifer Valentin
Wingspread staff writer

Four youth center members got the chance to take their basketball skills from the courts on base to the courts downtown.

Brianna Ward, Maleah Gilchrist, Brian Ellingboe and Matthew Martinez competed in the Spurs 2ball play the game competition March 14 held at the AT&T Center.

"It is a free basketball skills competition for boys and girls ages 9-14," said Rey Salinas, youth center assistant sports and fitness manager.

The competition consists of two-person boy or girl teams that shoot for 60 seconds each in their age groups of 9-11 or 12-14.

The two girls won first at the preliminary competition held at the youth center in February, then they moved to the semi-final competition on March 4.

"Because they won the semi-final competition, they earned the right to go on to the competition at the AT&T Center, which was held before the Spurs game," Mr. Salinas said. "Maleah and Brianna won at the Spurs competition, in their age group of 12-14 years old."

The boys did equally well, Mr. Salinas added.

The boys, Matthew and Brian, won the preliminary competition in February in Wilson County, followed by a win at the semi-final competition early March.

"While at the competition held before the Spurs game, they also won that, for their age group of 12-14 years old," Mr. Salinas added.



Youth center members Maleah Gilchrist (left) and Brianna Ward play basketball at the youth center Tuesday. (Photo by Steve White)

All four children attended the Spurs game that followed the competition.

The youth center staff is extremely proud of these four players, said Rodney Tramble, youth center director.

"They represented our youth center very well, showing what outstanding members we have," he said.

Avoid exercise injuries

Experts offer advice for keeping fitness regimen on course

By Jennifer Valentin
Wingspread staff writer

People usually start out on the right course when it comes to exercise – planning out a routine, buying the right gear and setting aside time to work out.

But when it comes to actually exercising, people should remember to avoid a few simple mistakes that can lead to injury.

“Your body is designed to tell you your limits,” said Ken O’Neal, base fitness director. “If you ignore the signs of overexertion during exercise, you run the risk of injury or illness.”

Stretching is important for a safe exercise routine, according to the American Council on Exercise. Muscles need time to warm up before an exercise routine, and need to be stretched out immediately following a workout.

“Joint pain, muscle strain and fatigue are all signs that you need to take a break and get some rest,” Mr. O’Neal said. “Depending on the severity, you may need to see a doctor.”

If people become injured or have an illness, it is best for them to take time and heal before getting back into their exercise routine, Mr. O’Neal said.

“When injured, whether from a workout or other circumstance, muscles and tendons need time to heal,” he said. “If you keep exercising and keep putting stress on them, the healing process will stop, and irreversible damage may be caused.”

When a person is sick, such as from the flu or a virus, they should also rest before starting up their routine again, Mr. O’Neal said.

“The illness will continue to worsen and stick around if you don’t rest,” he said.

The main thing for those people who are healthy

and ready to exercise is not to overdue it, Mr. O’Neal said. According to the ACE, people should exercise intensely enough to work up a light sweat and get their heart beating in the right training zone.

“Stay aware of the environment and listen to your body,” Mr. O’Neal said. “On a particularly hot day, the 5-mile run you usually can do may not be the best thing.”

Adjusting workouts as the weather changes and as the body feels better or worse can help prevent injuries from occurring, Mr. O’Neal said.

Lastly, people need to make sure they stay hydrated, said ACE officials. People should not wait until they are thirsty to drink water.

Keeping a bottle of water close by during a workout and throughout the day is vital, said ACE officials.

For more information, call 652-2955 or visit www.acefitness.org.

